



United States
Department
of Agriculture

MYPLATE FOR MY FAMILY

SNAP NUTRITION EDUCATION



Education for you through the USDA
Supplemental Nutrition Assistance Program (SNAP)





MyPlate for My Family: SNAP Nutrition Education makes it easier to learn more about healthy food and physical activity choices. Making healthy choices for your family is one way to show how much you care.

Attend fun, interactive classes where you can meet other parents who are making healthy changes in their lives. Find new ways to save money and time when buying food and making meals. Be inspired as you learn ways to be more active. During the classes, you can learn tips to:

- Fix MyPlate family meals to stretch your food dollar
- Get the right amount of food and physical activity
- Serve fruits and vegetables that kids will enjoy
- Make family time active and fun

With nutrition educators, you can discover ways to plan meals and eat well throughout the week. They can offer great ideas to help you use your SNAP benefits. Build new skills with educators who are excited to work with you.

Put new ideas into practice. During a MyPlate for My Family class, you will get handouts and recipes to help you make small changes. You and your family can create new habits as you try these ideas and recipes at home.

Make healthy purchases with your SNAP benefits to get the food your children need to grow, maintain a healthy weight, and do better in school.

Learn more about using your SNAP benefits to buy nutritious food and find a nutrition educator at a local SNAP office.



Supplemental Nutrition Assistance
Program (SNAP)

To learn more about SNAP, call:

**ATTACH CONTACT
INFORMATION HERE**



**SNAP helps families
buy the food they need
for good health.**

**To find your local SNAP office,
call 1-800-221-5689
or go to the SNAP website at
www.fns.usda.gov/snap.**

U.S. Department of Agriculture
Food and Nutrition Service

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November 2014

